

Seniors

Aging Information, Services and Support:

The community may obtain information, services and support related to aging issues by calling 240-314-8810.

Rockville Senior Center

Social, recreational, educational, fitness and wellness programs are offered at this multipurpose center.

Monday-Friday 8:30 a.m. - 5 p.m.
Saturday 8:30 a.m. - 1 p.m.

The Rockville Senior Center provides a central location for many programs, activities, and services offered to Rockville senior adults, 60 years of age and older. To participate, senior adults must be residents of the City or members of the Rockville Senior Center.

\$25 Residents

\$125 Nonresidents and \$65 Spouse

Additional \$25 per person for Fitness Membership. For more information, call the Senior Center Office at 240-314-8800. For directions, call 240-314-5019. For bus transportation call 240-314-8810.

Transportation: 240-314-8810

- Rockville Call 'N Ride Service: Taxi coupons may be purchased at a reduced rate based on income and family size.
- Buses: Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations are required.
- Mall Shopping: Call 240-314-8810 two days in advance to reserve a seat on the bus. Free

Washingtonian Center: 9/18

Lakeforest Mall: 7/17

Westfield Montgomery Mall: 8/21

Westfield Wheaton Mall: 6/5


Rentals: 240-314-8801

Tucked away in a quiet Rockville neighborhood, the Rockville Senior Center offers rooms of various sizes for your special event. The Center can accommodate many uses from a small birthday party for 10 to a fully catered wedding reception for 150. The rates are very affordable and include savings packages for rentals of six or more hours in length.

Senior Center Member Discount

Members of the Senior Center are entitled to a discount on many activities appearing in this Guide. To determine the reduced fee, use the scale below. Indicate the discount on the registration form's discount fee line. Only one discount may be used per person, per activity.

Please note the following exceptions:

1. Discounts do not apply to the activities appearing in the senior section.
2. Discounts do not apply to trips.
3. For senior discounts on swimming classes, see the individual class descriptions in the Swim Center section.
4. For more information, call 240-314-8800.
5. Discounts are not available on  **rock enroll**

Activity Fee	Discount	Activity Fee	Discount
\$5	\$1	\$20.02-\$40	\$6
\$5.01-\$10	\$2	\$40.01-\$60	\$10
\$10.01-\$20	\$3	\$60.01-\$80	\$14

Senior Assistance Fund: 240-314-8810

Financial assistance for senior classes, day trips, and Senior Center membership is available. You must meet age and income guidelines.

Meal Program: 240-314-8810

- Daily Lunch Program: Hot lunches are provided at noon each day, M-F. Participants contribute as much as they are able toward the cost of the meal that is \$4.38. Reservations are required.
- Carnation Supper Club: Join us on Tuesday evenings for dinner, socializing and entertainment. Call for reservations and cancellations.

Suburban Hospital HeartWell Program

If you are over 65, have high blood pressure or a heart condition and have a primary care physician, you are encouraged to enroll in the HeartWell program. This program helps teach individuals how to manage their symptoms and reduce hospital admissions. A registered nurse is at the Senior Center on Mon., Wed. and Fri. She will see walk-ins from 9-11 a.m. and will have appointments in the afternoon. Call for appointment: 301-610-0143.

Seniors

Arts/Dance/Enrichment

A Life of My Own: Eleanor Roosevelt *New*

Meet Eleanor Roosevelt thru actress Linda Kenyon who has an uncanny resemblance to the former first lady. Through humor and poignant historical quotes, the play takes place on a train ride and traces the public and not so public life of Eleanor while chatting with an imaginary stranger. Join us for this Montgomery County Senior's Theatre production.

Course #	Day	Date	Time	Fee (M/NM)
19069	Tu	Jun 13	10:30am-12 noon	\$4/\$7

Location: Azalea Room

All Season Angels *New*

Honor your friends and family with the gift of an Angel suitable for year round wear. Learn to make a lapel angel of lace which worn on the shoulder will shower the wearer with good luck. Make a couple in class and take home directions and materials to make more for gifts for all occasions.

Course #	Day	Date	Time	Fee (M/NM)
19083	Th	Jul 20	10am-12 noon	\$5/\$7

Instructor: Beck
Location: Arts and Crafts Room

Big Band Swing *New*

All the great orchestras and their hits! Goodman, Dorsey, Miller, Shaw, Ellington (and many more) playing the songs that define the dancing era. Come swing with us!

Course #	Day	Date	Time	Fee (M/NM)
19381	M	Jul 24	1pm-2:30pm	\$2/\$4

Location: Azalea Room

Bilingual Singers

Like to sing and eager to meet others? Join our volunteer leader, Teresa Harn, for a high-spirited morning of music. All types of music will be incorporated in both English and Chinese. No experience is needed.

Course #	Day	Date	Time	Fee
19330	F	Jun 9-Jul 28	9:30am-10:45am	Free

Location: Board Room

Birthday and Anniversary Parties

Mark your calendar! Celebrate summer birthdays and anniversaries with great entertainment and light refreshments.

July Birthday and Anniversary Party

Sponsored By: Isabel Simmons

Entertainment by: Yankee Doodle Dandy-Jack Stanton

Course #	Day	Date	Time	Fee (M/NM)
19048	W	Jul 5	1:30pm-3pm	Free

Location: Carnation Room

August Birthday and Anniversary Party

Sponsored by: This Could Be You!

Entertainment by: Jamie Turner, Glass Harpist

Course #	Day	Date	Time	Fee (M/NM)
19049	W	Aug 2	1:30pm-3pm	Free

Classical Music Appreciation *New*

Explore the many facets of classical music and the work of the talented composers who created so much of the music we enjoy.

Magic of Overture

While the overture is usually written as an introduction to a larger work such as an opera, many are written as stand alone pieces. Music will be by von Suppe, Rossini, Mozart and others.

Course #	Day	Date	Time	Fee (M/NM)
19064	W	Jun 21	1pm-2:30pm	Free

Music of Spain

Spanish music has captivated millions through song and dance. Much of the music has been passed down as lore via country festivals and the like. Much of the popular Spanish style comes from composers like Bizet and Rimsky, however we will also hear from Spain's own superstar, and master of the guitar, Joachin Rodrigo.

Course #	Day	Date	Time	Fee (M/NM)
19065	W	Jul 19	1pm-2:30pm	Free

Romance of the Violin

The words 'romance and serenade' are actually used for titles of violin pieces. Most composes had an instrument of choice, yet three of the greatest violin concertos ever written were by composes who favored other instruments. Hear experts from Beethoven, Mozart and others.

Course #	Day	Date	Time	Fee (M/NM)
19066	W	Aug 16	1pm-2:30pm	Free

Instructor: Stein

Location: Azalea Room

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Comparison of Bethesda with Chevy Chase ^{New}

Local historian, Bill Offutt, a retired MCPS History and English teacher and local author will discuss the development of the Bethesda and Chevy Chase suburban communities. As a member of the Montgomery County Historical Society, Bill regularly speaks with groups throughout the county and you won't want to miss this enlightening and informative discussion.

Course #	Day	Date	Time	Fee (M/NM)
19380	F	Aug 4	10:30am-11:30am	Free

Location: Azalea Room

Computers - Beginners Introduction

This 6-hour course is for seniors with very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Note: Monday class meets 10 a.m.-2 p.m. Tuesday & Thursday class meets 10:30 a.m.-12 noon. Upon completion of this series you will be given a \$5 certificate that can be used towards the cost of any future computer class beyond the Beginners series.

Course #	Day	Date	Fee (M/NM)
19313	M, Tu & Th	Jul 10, 25 & 27	\$5/\$7
19314	M, Tu & Th	Aug 14, 29 & 31	\$5/\$7
19315	M, Tu & Th	Sep 11, 26 & 28	\$5/\$7

Location: Computer Lab

Computers - Clarify Concepts

Now that you have completed Computers-Beginners Introduction, you are ready to learn what comes next. Join us as you continue to learn how to use a computer.

Course #	Day	Date	Time	Fee (M/NM)
19316	W	Aug 9	10am-12 noon	\$6/\$8
19317	W	Sep 6	10am-12 noon	\$6/\$8

Instructor: Conway
Location: Computer Lab

Computers - Fonts

Are you still using only one or two fonts? WINDOWS includes numerous styles of print figures and symbols. Learn how to find and mix fonts, symbols, sizes, and colors of print for all your correspondence.

Course #	Day	Date	Time	Fee (M/NM)
19505	Th	Aug 17	1pm-3pm	\$6/\$8

Instructor: Martin
Location: Computer Lab

Computers - HELP and More

Still puzzled? Join us for more instruction and assistance. Learn how to use the keyboard in conjunction with the mouse and how to use the Windows HELP. Now you don't have to remember everything you learn in class.

Course #	Day	Date	Time	Fee (M/NM)
19509	Tu	Sept 19	1pm-3pm	\$6/\$8

Instructor: Martin

Computers - More Keyboard and Mouse

This class is for students who would like to have further instruction and assistance using the computer keyboard and mouse. Prerequisite: Beginners Introduction to Computers

Course #	Day	Date	Time	Fee (M/NM)
19506	Tu	Jul 25	1pm-3pm	\$6/\$8

Instructor: Martin
Location: Computer Lab

Computers - Save and Find Documents

Are you having trouble finding your documents after you've saved them? Find simple ways to create and name your own folders to save documents. Learn how to make or copy files from folder to folder and how to make external back-ups.

Course #	Day	Date	Time	Fee (M/NM)
19507	Tu	Aug 15	1pm-3pm	\$6/\$8

Instructor: Martin
Location: Computer Lab

Computers - Use & Demo of a DVD Burner

Join us to learn how to format CD's and DVD's for saving files and how to make copies of CD's and DVD's for back-up. Note: \$5 materials fee payable to instructor at class.

Course #	Day	Date	Time	Fee (M/NM)
19312	W	Jul 19	1pm-3pm	\$6/\$8

Instructor: Bender
Location: Computer Lab

Computers - Virus Protection & Removal

Virus, spies, hackers and Trojan Horses! What are they? What do they do? How do you avoid them? A complete explanation of how your computer is vulnerable to attack and the easy steps you can take to protect it and yourself from information leaks. Note: \$5 materials fee payable to the instructor includes a CD Rom with programs you can use to keep your computer free from infection.

Course #	Day	Date	Time	Fee (M/NM)
19311	M	Jul 31	1pm-3pm	Free
19323	Tu	Sep 12	1pm-3pm	Free

Instructor: Bender
Location: Computer Lab

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Computers - Windows XP

Microsoft's operating system is more than just a means to boot up your computer. Explore the power of the most frequently used and least understood software on your computer. Note: \$10 manual fee payable to instructor at class.

Course #	Day	Date	Time	Fee (M/NM)
19319	M & W	Jul 24-Aug 2	10am-12 noon	\$35/\$43

Location: Computer Lab

Computers - Word Perfect

Learn the basics and the advantages of Word Perfect over other word processing programs. Learn to create labels, letterhead, logos, mail merge and other word processing functions. Note: \$5 materials fee payable to instructor. Prerequisite: Computer Essentials

Course #	Day	Date	Time	Fee (M/NM)
19310	M & W	Sep 18-20	10am-12 noon	\$18/\$22

Instructor: Bender
Location: Computer Lab

Counseling & Support for Spanish Speaker

Do you feel lonely, sad, or depressed? Join our drop-in group and discuss topics of interest to you. This program will meet on the 4th Thurs. each month and will be in Spanish. Presented by Affiliated Sante' Group. Class will meet July 27, Aug 24, Sept 28.

Course #	Day	Time	Fee (M/NM)
19596	Th	11am-12noon	Free

Location: Azalea Room

Digital Photo - Beginners

Digital cameras are really mini computers. Join us and learn the functions of the camera's menu system. Then we will use the camera in auto mode and produce images that are worthy of display. Emphasis will be on composition. Note: Bring a digital camera. You must be familiar with the manual.

Course #	Day	Date	Time	Fee (M/NM)
19320	Tu & Th	Jul 11-18	1pm-3pm	\$35/\$43

Location: Computer Lab

Digital Photo - Intermediate

Further use of camera capabilities will be explored as we discuss additional menu items, shoot close-up images, use depth of field capabilities, investigate lighting techniques, the use of proprietary camera functions and understand how to improve our photo by using the built in camera flash. A critique of assignments will take place at the start of each session. Bring a digital camera.

Course #	Day	Date	Time	Fee (M/NM)
19321	M & W	Aug 2-9	1pm-3pm	\$35/\$43

Instructor: Bender
Location: Computer Lab

Digital Photography Editing

What do you do after taking a picture? Learn how to correct composition, color quality, resolution, contrast, brightness, hue, content and the use of layers. Synchronize your monitor with your printer for perfect prints. Bring sample photos on a floppy disk or a chip. Student photos will be printed.

Course #	Day	Date	Time	Fee (M/NM)
19322	Tu & Th	Sep 12-21	10am-12 noon	\$45/\$56

Instructor: Bender
Location: Computer Lab

Don't Stub Your Toes On Your Memories *New*

Downsizing your home doesn't have to be as daunting as you may think. Come learn from Anna Derry of Great Expectations Estate Sales. She can give you tips on how to get started and answer questions on how to make this difficult transition more manageable.

Course #	Day	Date	Time	Fee (M/NM)
19422	W	Aug 16	10:15am-11:15am	Free

Location: Azalea Room

Drum Circle Demonstration *New*

A drum circle is a rhythm-based event where a diverse group of individuals and instruments are used in a group music making experience. Drum circles are commonly used for social gatherings and to promote wellness. Come and enjoy this unique demonstration! If interest warrants a class will be scheduled for the fall.

Course #	Day	Date	Time	Fee (M/NM)
19047	F	Jun 23	2pm-3pm	Free

Location: Carnation Room

Exotic Teas and Chocolates *New*

Take a historical journey through ancient time to present day by exploring teas and chocolates from around the world. Learn history, plant sources and health benefits behind the teas and chocolate we eat today.

Course #	Day	Date	Time	Fee (M/NM)
19068	W	Jul 12	10:30am-12 noon	\$2/\$5

Location: Arts and Crafts Room

French for Travellers - Beginners

Learn French the same way you learned your native language; by listening and repeating phrases. No books, no handouts, and no English in the classroom. Instruction is designed for the beginner or for those looking to refresh their skills.

Course #	Day	Date	Time	Fee (M/NM)
19416	M & W	Jul 5-Jul 19	10am-12 noon	\$35/\$43

Location: Azalea Room

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How To Listen To Jazz *New*

Enjoy this music more by learning what the musicians are doing when you cannot recognize the melody to songs you think you know because the soloist is improvising a new melody. Learn how musicians know when to take over the soloist role without relying on written cues. Presented with live and recorded examples by Jesse Etelson.

Course #	Day	Date	Time	Fee (M/NM)
19382	Th	Jul 13	10:30am-12 noon	Free

Location: Azalea Room

Line Dancing - Beginners



Put on your dancin' shoes and join our line in this wholesome form of exercise and fun! Our instructor teaches a variety of line dances for beginners with progression to intermediate, so you can learn at your own pace. This is a no-partner activity for men and women.

Course #	Day	Date	Time	Fee (M/NM)
19365	W	Jun 21-Jul 26	10:10am-10:55am	\$23/\$28

Instructor: TBA

Location: Rockville Senior Center Exercise Room

19370	F	Jun 23-Jul 28	9:30am-10:20am	\$23/\$28
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Instructor: TBA

Location: Twinbrook Community Recreation Center

Managing Your Retirement Income

How does one live for today and still have a lasting legacy? Topics of discussion will include required minimum distributions, asset and planning between taxable and tax-deferred accounts and how to use tax efficient income-generating strategies. Presented by Evan Winik, Financial Advisor.

Course #	Day	Date	Time	Fee (M/NM)
19357	Th	Sep 14	10am-12 noon	Free

Location: Azalea Room

Photographing Maryland Landscapes *New*

Professor McDermott of Montgomery College will discuss some of the interesting places that can be photographed in Maryland, and techniques for making images. This sight and sound presentation will also showcase some of the beautiful images taken by our speaker.

Course #	Day	Date	Time	Fee (M/NM)
19384	Tu	Jul 18	10:30am-12 noon	\$2/\$4

Location: Azalea Room

Quilting *New*

Discover the wonderful world of hand quilting by making a colorful wall hanging taught by a textile artist and expert quilter. Loretta and Judy will help you create a unique piece with a brilliant background providing the perfect setting for three dimensional flower petals and leaves. Supplies will be provided to make this hand stitched hanging that should measure approximately 22x24 inches. Sample can be seen at the Senior Center.

Course #	Day	Date	Time	Fee (M/NM)
19327	Th	Aug 3&10	10am-12 noon	\$18/\$22

Location: Board Room

State of Maryland Emergency Preparedness *New*

Please join Katie Leahan, Public Information Officer for the Maryland Governor's Office of Homeland Security. She will have a power point presentation on Governor Erlich's plan for emergency preparedness and what future plans are being discussed. She will have time for questions and answers and have handouts available. You won't want to miss this important, informative discussion.

Course #	Day	Date	Time	Fee (M/NM)
19383	M	Jul 10	1pm-2p	Free

Location: Azalea Room

The Changing Real Estate Market

If you are thinking about selling your home, hear about the changing market. What sellers need to do to maximize their profit, how to price a home in the new market and what is reasonable when it comes to home inspections and other costs. Presented by Mark Hudson, Realtor.

Course #	Day	Date	Time	Fee (M/NM)
19414	W	Jul 26	10am-11:30am	Free

Location: Azalea Room

The Jefferson Cafe

Presented by the Montgomery College Paul Peck Institute for American Culture and Civic Engagement, the mission of the Institute is to increase knowledge of American culture, history, principles and political traditions. Facilitators of this program strive to inspire informed civic participation about critical issues affecting the local, national, and global communities. Participants will receive a pre-Cafe reading so register early. The Institute is made possible by a grant from PBS-MacNeil/Lehrer Productions.

Teaching Values In Schools

The Cafe reading will be Teaching Values In Schools.

Course #	Day	Date	Time	Fee (M/NM)
19457	W	Jun 28	1pm-2:30pm	Free

The Lost Art of Conversation

Cafe reading will be The Lost Art of Conversation in American Life.

19458	W	Jul 26	1pm-2:30pm	Free
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Location: Board Room

Seniors

Water Gardening *New*

Come listen and learn about this very unique and popular way of gardening. Water Gardening is the latest craze and regardless of the size of your yard it's a fun and different way to enjoy your yard.

Course #	Day	Date	Time	Fee (M/NM)
19513	Th	Jul 6	10am-11am	\$2/\$4

Location: Azalea Room

Watercolor in the Garden *New*

Set sail for your summer painting. Participants in this workshop will meet inside before heading out to the garden to paint, weather permitting. Bring watercolor supplies and the instructor will supplement as needed. Some previous experience required.

Course #	Day	Date	Time	Fee (M/NM)
19077	Tu	Jun 6&13	1pm-3pm	\$15/\$20

Instructor: Ely

Location: Arts and Crafts Room

What's Happening To Our Beloved Bay? *New*

Our Chesapeake Bay will be highlighted in this sight and sound presentation. The story of current problems now affecting the Chesapeake will be discussed. A 'field trip' will be planned with Professor McDermott of Montgomery College for the fall to further explore the Bay and what's happening.

Course #	Day	Date	Time	Fee (M/NM)
19514	Th	Aug 24	10:30am-12 noon	\$2/\$4

Location: Azalea Room

Woodworking-Ten Questions *New*

Woodworking know-how or 10 questions about the woodshop is an informal discussion with our expert who will teach you what it takes to be a woodworker. Learn about hand and power tools, different kinds of wood, steps to building a project and more. We would like to discuss project options for the fall. Join us!

Course #	Day	Date	Time	Fee (M/NM)
19496	W	Jul 26	10:15am-12:15pm	\$2/\$4

Instructor: Fonoroff

Location: Woodshop

Fitness/Wellness

Afternoon Tone and Stretch



Join this tone and stretch class that concentrates on muscle strength and flexibility. Starting gently, you will work every part of the body to improve circulation, strengthen and tone muscles, and relax. Participants will work with exercise tubes, weights, Swiss balls and mats.

Course #	Day	Date	Time	Fee (M/NM)
19332	M & W	Jun 26-Aug 2	1pm-2pm	\$23/\$29

Instructor: Cristiano

Location: Exercise Room

All Day Exercise



Would you like to try a new exercise class to help spice up your fitness routine? Here is your chance to preview many of the classes that will be offered in the fall. Come join us for this 'All Day Exercise' session, where you can try something new. We will offer several 30 minute classes throughout the day and you can try as many as you would like. A schedule will be posted of the classes that will be offered, so mark your calendars and take advantage of this great opportunity. This is a free activity, no registration required.

Course #	Day	Date	Time	Fee (M/NM)
19584	Th	Sep 7	10am-4pm	Free

Instructor: Klopfer

Location: Exercise Room

Arthritis Foundation's PACE



People with Arthritis Can Exercise (PACE), designed by the Arthritis Foundation (AF), uses gentle activities to help increase joint flexibility, range of motion, maintain muscle strength and increase overall stamina. PACE can help reduce pain, stiffness and feelings of isolation and depression. Our instructor is certified by the AF.

Course #	Day	Date	Time	Fee (M/NM)
19333	Th	Jun 29-Aug 3	1pm-2pm	\$15/\$19

Instructor: Cristiano

Location: Exercise Room

Chair Exercise



Exercises are gentle and designed to start slowly and build gradually. For both men and women, the program is done seated. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation. All movements are performed to music.

Course #	Day	Date	Time	Fee (M/NM)
19334	M & W	Jun 26-Aug 2	11am-12 noon	\$23/\$29

Instructor: Cristiano

Location: Exercise Room

Seniors

Chair Volleyball



Try this fun new class designed for any fitness level. You will stay seated throughout the class while using a beach ball to hit over the net. This class will help reduce stress, improve cardiovascular fitness, increase joint and overall flexibility and enhance muscle tone and endurance.

Course #	Day	Date	Time	Fee (M/NM)
19377	F	Jul 7-21	11:15am-12:15pm	\$3/\$5

Instructor: Klopfer

Location: Exercise Room

Diabetes Update

Diabetes is epidemic in today's society. What causes it? Can it be prevented? What are the new treatments available? Dr. Monika Mannan will discuss the signs and symptoms of diabetes and review diet and lifestyle activities as well as other treatments that are available.

Course #	Day	Date	Time	Fee (M/NM)
19356	Th	Sep 21	1pm-2pm	Free

Location: Azalea Room

Exercise Plus/Chinese Dance



This is not your average exercise class. The instructor makes it fun with the use of fans, chopsticks, small balls and dance. Enjoy body movement including Tai Chi with fan and acupuncture points with chopsticks while listening to Eastern and Western music.

Course #	Day	Date	Time	Fee (M/NM)
19336	F	Jun 30-Aug 25	1pm-2pm	\$6/\$9

Instructor: Kao

Location: Exercise Room

Exercise Plus Intermediate/Chinese Dance



This is an intermediate class for those students who have taken at least one session of exercise plus.

Course #	Day	Date	Time	Fee (M/NM)
19379	F	Jun 30-Aug 25	2pm-3pm	\$6/\$9

Instructor: Kao

Location: Exercise Room

Fitness Club

Get fit by working out in our state-of-the-art Fitness Room! To join the Fitness Club, you must be a Senior Center member and complete the Exercise Machine Training Course. A file drawer is available to keep individual records. There is an annual \$25 Fitness Room fee payable when you renew your Center Membership.

FOR FITNESS CLUB MEMBERS ONLY:

Monday through Friday 8:30 a.m.-4:50 p.m.

Saturday 8:30 a.m.-12:50 p.m.

Exercise Machine Training

To learn how to use the exercise equipment and become a Fitness Club member, register and you will be contacted for an appointment time. After training, scan your membership card at the information desk and wear a Fitness Club badge each time to use the Fitness Room. Ongoing.

Course #	Day	Date	Time	Fee (M)
19337	M & W	Jun 12-Sep 6	10am-4:50pm	\$25

Instructor: Klopfer

Location: Fitness Room

Hearing: Ask An Expert

Do you or a family member have a hearing problem? Susan Yaffe-Oziel, Director of the Family Hearing Center, will be available to answer your questions regarding hearing loss, hearing aid products and the latest technologies.

Course #	Day	Date	Time	Fee (M/NM)
19359	Th	Sep 7	11am-12 noon	Free

Location: Azalea Room

Is It Forgetfulness or Dementia?

Is Dementia a necessary part of aging? Can it be prevented? What can be done about it? Dr. Humera Malik will describe the symptoms and discuss some of the causes of a variety of dementias. Learn how to recognize problems early and act on them quickly. There are some new medications and behaviors that can help meliorate the effects of the disease process.

Course #	Day	Date	Time	Fee (M/NM)
19355	Th	Aug 17	1pm-2pm	Free

Location: Azalea Room

New Technology for Heart Disease

Recently you may have heard about the new 64 slice CT scanner that is state of the art in detecting early heart disease. This new equipment allows doctors to perform coronary artery angiograms to detect heart disease non-invasively. Suburban Hospital has been working collaboratively with NIH for several years to improve cardiac disease detection and ultimately, it's treatment. Suburban has just opened a new heart program and is now performing a variety of open heart surgeries. Come hear Dr Lara Eisenberg, MD, Chairman of Radiology at Suburban Hospital

Course #	Day	Date	Time	Fee (M/NM)
19354	Th	Jul 20	1pm-2pm	Free

Location: Azalea Room

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Personal Trainer



An AFAA certified personal trainer will evaluate your needs and design an individualized program. After registering for this activity, you will be contacted to arrange an appointment time. Prerequisite: You must have been trained on the equipment. (See Exercise Machine Training.) FOR FITNESS CLUB MEMBERS ONLY. Ongoing. No class 7/4.

1 One-Hour Session

Course #	Day	Date	Time	Fee (M)
19338	M & W	Jun 12-Sep 6	9:30am-4:50pm	\$37

2 One-Hour Sessions

19339	M & W	Jun 12-Sep 6	9:30am-4:50pm	\$61
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Instructor: Klopfer

Location: Fitness Room

Is Pain Stopping You?

Seventy million people suffer from arthritis. Given the current situation with Celebrex and Vioxx, many sufferers of arthritis seeking alternative methods of pain management. In this lecture, Dr. Gregory Swistak will discuss several methods to help relieve pain naturally, without unnecessary side effects.

Course #	Day	Date	Time	Fee (M/NM)
19360	Tu	Jul 18	1pm-2pm	Free

Location: Azalea Room

Senior Fit



Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, class includes fitness assessments. New participants must register and have a signed doctor's certificate. Forms are available in front office. FOR SENIOR CENTER MEMBERS ONLY. Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
19340	M & W	Jun 12-Sep 6	1:30pm-2:15pm	Free
19341	M & W	Jun 12-Sep 6	2:20pm-3:05pm	Free

Instructor: Yirenkyi

Location: Carnation Room

Senior Fitness Walkers



Get in the habit of walking. Walking is good for the mind, body and soul. Increase the number of steps you walk daily and gain a healthier lifestyle. Meet with our staff once a week to walk, get information and support. Note: A pedometer will be available (or bring your own) to count daily steps.

Course #	Day	Date	Time	Fee (M/NM)
19363	Th	Jun 29-Aug 10	9:30am-10:30am	\$5/\$8

Instructor: TBA

Location: Lobby

Senior Pilates for Beginners



This gentle Pilates class is designed for beginners. You will learn all of the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this no-impact, mind/body workout using mats. Note: Wear comfortable clothes

Course #	Day	Date	Time	Fee (M/NM)
19376	W	Jun 28-Aug 2	2pm-2:45pm	\$25/\$25

Instructor: TBA

Location: Exercise Room

Senior Pilates Intermediate



Participant should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this no-impact, mind/body workout using mats. Note: Wear comfortable clothes. No class 7/4.

Course #	Day	Date	Time	Fee (M/NM)
19342	Tu	Jun 27-Aug 1	2pm-2:45pm	\$30/\$38
19374	Tu & Th	Jun 27-Aug 3	2pm-2:45pm	\$60/\$72

Instructor: Klopfer

Location: Exercise Room

Senior Pilates Mini Session



This mini session will be a continuation of the current senior Pilates session. It will consist of four additional classes. August 15, 17, 22 and 24.

Course #	Day	Date	Time	Fee (M/NM)
19343	Tu & Th	Aug 15-24	2pm-2:45pm	\$20

Location: Exercise Room

Senior T'ai Chi Ch'uan



This exercise program combines body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movement, it offers relaxation and breathing techniques, and range-of-motion routine. FOR SENIOR CENTER MEMBERS ONLY. No class 7/4.

Course #	Day	Date	Time	Fee (M/NM)
19344	Tu & Th	Jun 27-Aug 3	10am-10:50am	Free

Instructor: Tuanmu

Location: Exercise Room

Seniors on the Ball



Try this new exercise class using the large 'Swiss Ball.' Add variety, challenge and fun to your fitness program while working on core strength and balance. Basic Yoga movements and Yoga stretching included. 'Swiss Balls' will be provided.

Course #	Day	Date	Time	Fee (M/NM)
19597	Th	Jun 29-Aug 24	9am-9:45am	\$28/\$35

Instructor: Ponce

Location: Exercise Room

Seniors

Soft Aerobics



Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. Set your own pace for a workout without strain. No class 7/4.

Course #	Day	Date	Time	Fee (M/NM)
19345	Tu & Th	Jun 27-Aug 3	11am-12 noon	\$23/\$29
Instructor: Klopfer				
Location: Carnation Room				

The New Attitudes



This is a spin-off group from the Soft Aerobics class that performs at various functions throughout the year at senior centers, nursing homes and at special events. If you are interested in learning, practicing and performing choreographed dance routines, join this energetic group and be a 'star.' Participants must register for Soft Aerobics class.

Course #	Day	Date	Time	Fee (M/NM)
19362	Tu	Jun 27-Aug 1	12 noon-12:30pm	Free
Instructor: TBA				
Location: Exercise Room				

Toning Table Training



Training is required to use the toning tables in the Fitness Room. Register for the month desired. You will be contacted for an appointment time. Bring a towel. Wear long pants and socks. You must join the Fitness Club to use the tables (\$25 fee due when your Senior Center membership is due.) Ongoing. No class 7/4.

Course #	Day	Date	Time	Fee (M)
19346	M & W-Th	Jun 12-Aug 31	10am-11am	\$8
Instructor: Cristiano				
Location: Fitness Room				

Total Conditioning Workout



This strength building, non-cardio fitness class is for both men and women. It offers workouts designed to produce improvement in strength, flexibility and balance using hand held weight, bands and tubes. The workout intensity may be modified to suit any fitness level.

Course #	Day	Date	Time	Fee (M/NM)
19583	M	Jun 26-Jul 31	10am-10:45am	\$18/\$21
Instructor: Klopfer				
Location: Exercise Room				

Yoga



Yoga is a lifestyle incorporating natural exercise, diet, proper breathing, relaxation, meditation and positive thinking. Students practice gentle stretching and strengthening exercises for the whole body, as well as deep relaxation and breathing techniques. Note: Wear comfortable, loose-fitting clothing.

Course #	Day	Date	Time	Fee (M/NM)
19347	F	Jun 30-Aug 4	9:50am-10:50am	\$24/\$29
Instructor: Figlure				
Location: Exercise Room				

Sports/Leagues

Bocce Ball Club



Bocce Ball is easy to learn and can be enjoyed at all levels. We have a great court and have formed a club. If interested in joining a team, call Jackie Cristiano at 240-314-8825. Ongoing. No class 7/4.

Course #	Day	Date	Time	Fee (M/NM)
19348	Tu & Th	Jun 15-Oct 31	10am-11am	Free
Instructor: Galasso				

Location: Bocce Ball Court

Bocce Ball Tournament

Enjoy an entertaining, fun, social morning. Our tournament is open to everyone. Prizes will be awarded.

Course #	Day	Date	Time	Fee (M/NM)
19349	Th	Jul 27	10am-11am	Free
Instructor: Cristiano				
Location: Bocce Ball Court				

Game Room Activities

Pool tables, table tennis tables and dart board are available for your enjoyment. Practice games, clinics, instruction and tournaments are periodically set up for your participation. Sign out keys for the equipment in the office. FOR SENIOR CENTER MEMBERS ONLY: Mon-Fri: 8:30 a.m.-4:50 p.m. Sat: 8:30 a.m.-12:50 p.m. Table tennis is available at Twinbrook Community Recreation Center on Wednesdays from 9-10 a.m. No activities on 7/4.

Course #	Day	Date	Time	Fee (M/NM)
19350	W-M & Sa-W	Jun 7-Sep 5	8:30am-4:50pm	Free
Location: Game Room				

Maryland Senior Olympics



The 28th Annual Senior Olympics will be held at Towson State University in September. Competitors must use state-provided Olympic registration forms available at the Senior Center. The registration fee is payable directly to Maryland State Senior Olympics. For more information, call 240-314-8822.

Seniors

Senior Co-Rec Softball Team



Our Rockville team competes with other senior teams in the Montgomery County Senior Softball League. Games are held on Wed. mornings. Check Senior Center calendar for games and times. Come out and cheer for us. For more information call 240-314-8822.

Course #	Day	Date	Time	Fee (M/NM)
19352	W	Jun 14-Aug 23	9am-11am	Free

Instructor: Jaques
Location: TBA

Senior Duffers



Enjoy a fun-filled season of golf. Play is arranged at local golf courses with a tournament scheduled once a month. All levels of ability are invited to join. However, this is not a teaching activity. Both 9 hole and 18 hole play are available. Ongoing.

Course #	Day	Date	Time	Fee (M/NM)
19353	M	Jun 19-Oct 30	7:30am-1pm	\$5/\$8

Instructor: Sissala
Location: TBA

Table Tennis - Beginners



This session is for those who have had little or no experience playing table tennis. Learn basic techniques and also a basic knowledge of the rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls will be available.

Course #	Day	Date	Time	Fee (M/NM)
19421	Tu	Jun 27-Aug 1	12:45pm-1:45pm	\$20/\$25

Instructor: TBA
Location: Carnation Room

Table Tennis - Intermediate



This session of table tennis is for those who have had experience playing with a basic knowledge of the rules and scoring. Not only is it fun to play but the game also aids in dexterity, flexibility, coordination and reflexes. Paddles and balls are available if needed.

Course #	Day	Date	Time	Fee (M/NM)
19419	M	Jun 26-Jul 31	1pm-1:55pm	\$20/\$25

Instructor: Shinn
Location: Game Room

Table Tennis - Intermediate/Advanced



This session of table tennis is for those who have had experience playing at the intermediate to advanced level and want to play a more competitive game of mixed doubles. This is not a teaching activity. No Class 7/4

Course #	Day	Date	Time	Fee (M/NM)
19598	Tu	Jun 27-Aug 22	8:30am-10:45am	\$5/\$8

Instructor: TBA
Location: Carnation Room

Super Summer Happenings

**Spring Bazaar and
Yard Sale**
See page 59

**South Pacific and
Swan Lake**
See page 41

**Senior Center
Health Fair**
See page 34

**Community
Wellness**
See page 44

Seniors

Trips

Registration Procedure for all Trips:

An In-Person Lottery Registration will be held on Thursday, June 8, at the Rockville Senior Center. Interested participants may draw lottery numbers between 10:15 am and 10:30 am, with numbers called in random order starting at 10:30 am. Registrations will be accepted at the Senior Center only. Mail-in or walk-in registrations will be accepted at the Senior Center on Monday, June 12, on a space-available basis. Note: Individuals may register for themselves and for one other individual. The cost listed is registration fee and payable at time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

Rappahannock River Cruise

Virginia's Rappahannock River is full of adventure and history. Our narrated cruise aboard the Captain Thomas will highlight the area and bring binoculars for a close up look at the cliffs along the river. Bald eagles nest in trees and cliffs and we won't want to miss an opportunity to view them in their natural habitat. Once down river, we're off for a tour and tasting and buffet lunch at Ingleside Winery. Trip includes: transportation, leadership, cruise, tour and buffet lunch.

Course #	Day	Date	Time	Fee (M/NM)
19424	F	Jul 7	7am-6:30pm	\$94/\$117

Depart From: Glenview Mansion

Museum of Md. African American History

The new Reginald F. Lewis Museum of Maryland African American History and Culture in Baltimore will introduce us to the life of African Americans in Maryland from the colonial slavery era to present. Located on the north side of the Inner Harbor, there will be time for lunch on your own at either the Cafe or Inner Harbor and time for a little shopping or relaxing by the water. Trip includes: Senior Center Bus, leadership and admission.

Course #	Day	Date	Time	Fee (M/NM)
19423	Tu	Jul 11	9:15am-3:15pm	\$22/\$27

Depart From: Rockville Senior Center

Riverboat Murder Mystery Dinner

Sail the scenic Susquehanna River aboard an authentic paddle wheel riverboat in Pennsylvania's Capital City-Harrisburg. Enjoy a suspense filled evening and figure out 'who did it' during the sit down dinner cruise. Who knows, you may even be a suspect! Join in the fun.

Course #	Day	Date	Time	Fee (M/NM)
19328	Th	Jul 27	4pm-11:30pm	\$79/\$99

Depart From: Glenview Mansion

Crab Feast at Fisherman's

Kent Island won't be the same-we're headed over the Bay Bridge for an all-you-can-eat crab feast with all the fixings at Fisherman's Crab Deck. You won't want to miss the chance to have the perfect summer day with all your hungry friends. Trip includes: lunch, leadership and transportation.

Course #	Day	Date	Time	Fee (M/NM)
19456	Tu	Aug 8	10:30am-4pm	\$66/\$83

Depart From: Glenview Mansion

Beauty and the Beast-Wolf Trap Park

Join us for a magical evening under the stars for our orchestra seats at Wolf Trap. The music and costumes and special effects of Beauty and The Beast will have us transported to another place and time. This is musical theatre at its best! Trip includes: orchestra seat, transportation and leadership.

Course #	Day	Date	Time	Fee (M/NM)
19067	Th	Aug 31	6pm-11:30pm	\$74/\$92

Depart From: Glenview Mansion

Rockville Senior Center Health Fair
Wednesday, May 31
11 a.m.-2 p.m.

